



Stronger As One Hires Two New Program Staff



**Erica Shaw,
Program Manager**

Erica hails from Upstate New York, and is thrilled to be a part of Stronger As One! She brings with her experience in health outreach, education, and non-profit program management. Erica is an ardent believer in the power of collective action to create change, and looks forward to supporting the incredible people and organizations that make up Stronger As One. She is excited to support the coalition as we cultivate a culture of knowledge, compassion, and action for mental health and wellbeing!



**Julia Diaz,
Youth Specialist**

Julia moved to Flagstaff from Mission Viejo, CA to pursue a Public Health degree from NAU. She believes mental health should be normalized, and the conversations about it taken seriously. Stronger as One has the potential to educate both students and adults about positive coping mechanisms for mental health distress, stigma reduction concerning mental health and suicide, and inspire youth, adolescents, and adults to take action in the community concerning these significant topics.

Contact:

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|--------------------------------------------------------------------------|----------------------------------------------------------------------|
| <u>Erica Shaw</u> | <u>Julia Diaz</u> |
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| Phone 928-679-7130 | P 928-679-7381 |

COMING UP...

- Flagstaff Leadership Program is partnering with Stronger As One to develop a centralized website!
 - In the meantime, visit the County Manager's website to view our charter and find more information:
<https://www.coconino.az.gov/2265/Stronger-As-One>

Free Mental Health First Aid Trainings

| <u>Date</u> | <u>Location</u> | <u>Time</u> |
|-------------|------------------|-------------|
| 3/13/20 | Sheriff's Office | 8-5 |
| 3/27/19 | Guidance Center | 8:30-5 |
| 4/10/20 | Sheriff's Office | 8-5 |
| 4/24/20 | Guidance Center | 8:30-5 |
| 5/29/20 | Sheriff's Office | 8-5 |
| 6/19/20 | Sheriff's Office | 8-5 |
| 6/19/20 | Guidance Center | 8:30-5 |

Youth MHFA

| | | |
|---------|-----------------|--------|
| 3/26/20 | Guidance Center | 8:30-5 |
| 5/20/20 | Guidance Center | 8:30-5 |
| 7/15/20 | Guidance Center | 8:30-5 |
| 9/16/20 | Guidance Center | 8:30-5 |

To register for a training email:
strongerasone@coconino.az.gov

REGIONAL CRISIS HOTLINE: 1-877-756-4090

NATIONAL LIFELINE: 1-800-273-8255

To schedule a MHFA training, or for more info contact:

Strongerasone@coconino.az.gov